



**A Faith Based Mental Resilience
Program For Youth**

“Do the Drill” Workbook



high·er pow·er mind

1. A resilient mind that gives us the ability to recover quickly from difficulties or the ability to thrive in the face of a wide variety of challenges in all areas of life: *sports, arts, academics, and life*. A Higher Power Mind comes from God and it allows us to persevere and thrive in all that we do.

How it works

Choose a LESSON and Follow 3 Simple Steps to a Higher Power Mind

 <p>Learn The Skills</p> <p>Watch 5 minute skill videos from the website</p>	 <p>Do The Drills</p> <p>Apply the skills you learn to thrive in your specific area of life</p>	 <p>Pray Thy Will</p> <p>Pray for God's guidance in your use of these skills</p>
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Why do *YOU* want a Higher Power Mind?





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-  Please note that the website contains short videos that explain how to do each drill if you need them. These videos are located directly under the matching Skill video.

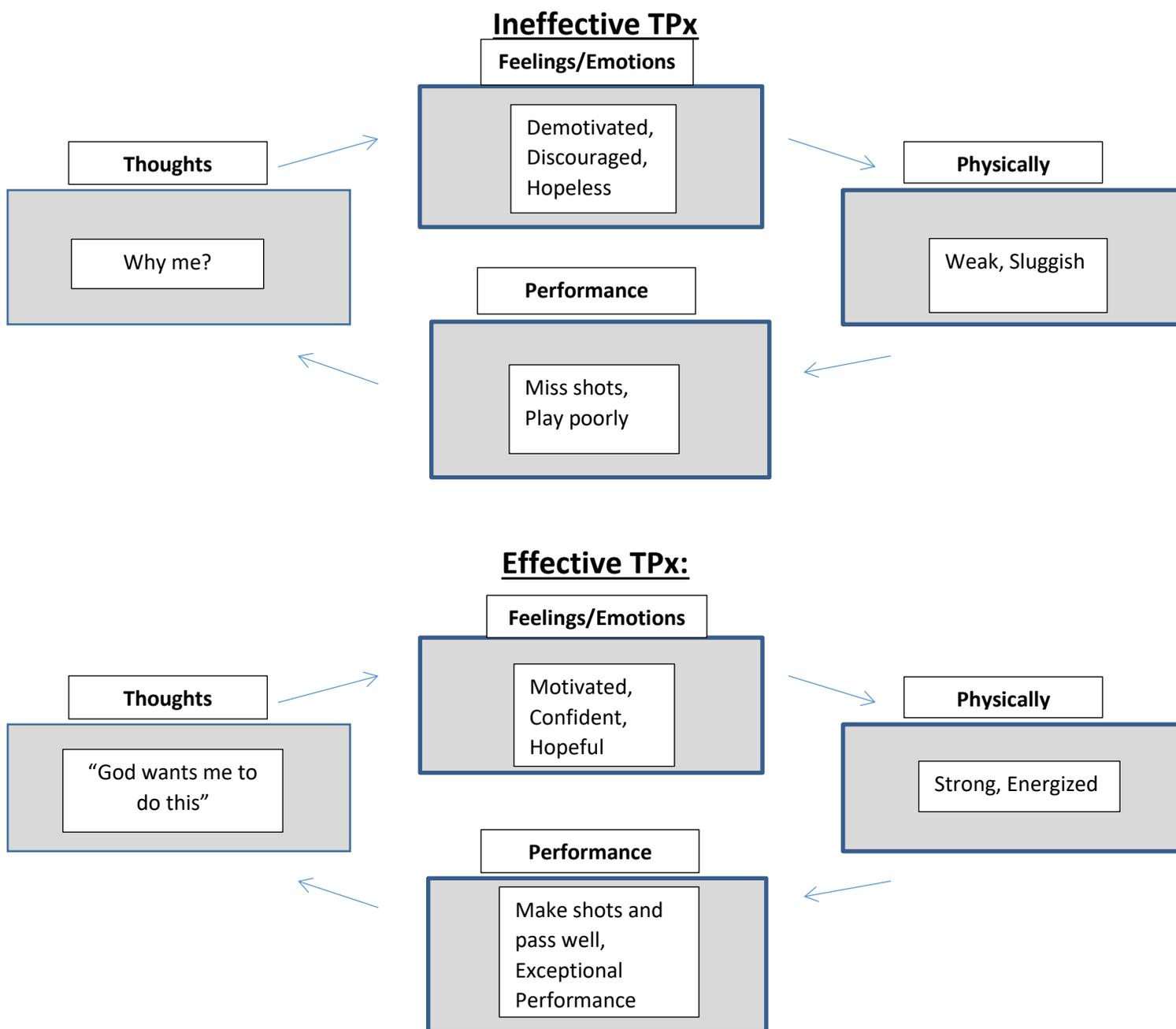


Confidence: TPx

Be careful how you think, your thoughts shape your life - Proverbs 4:23

TPx: Chose effective thoughts so your TPx will help you confidently perform at your best.

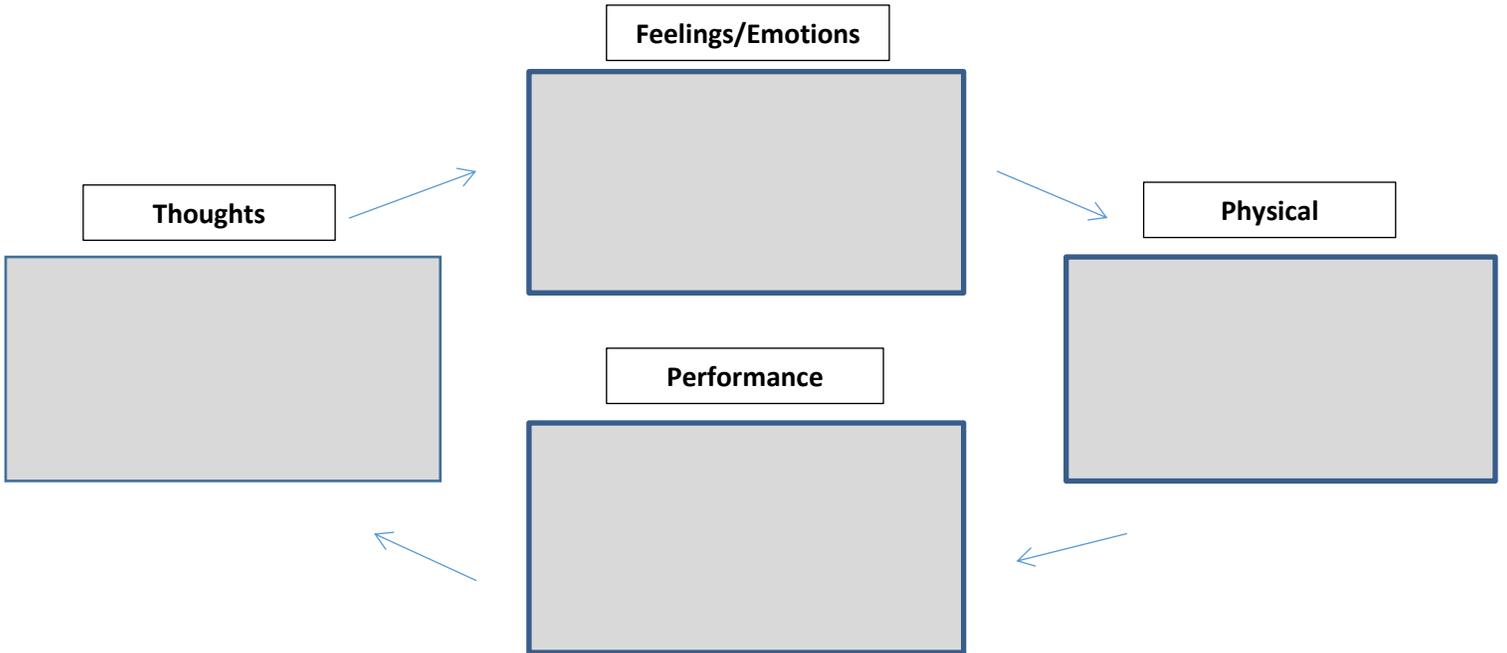
After reviewing the example below, please list a certain performance that you are not happy with right now; something that you wish was excellent but it's not yet. Remember, God gave you the power and authority over the thoughts in your mind.



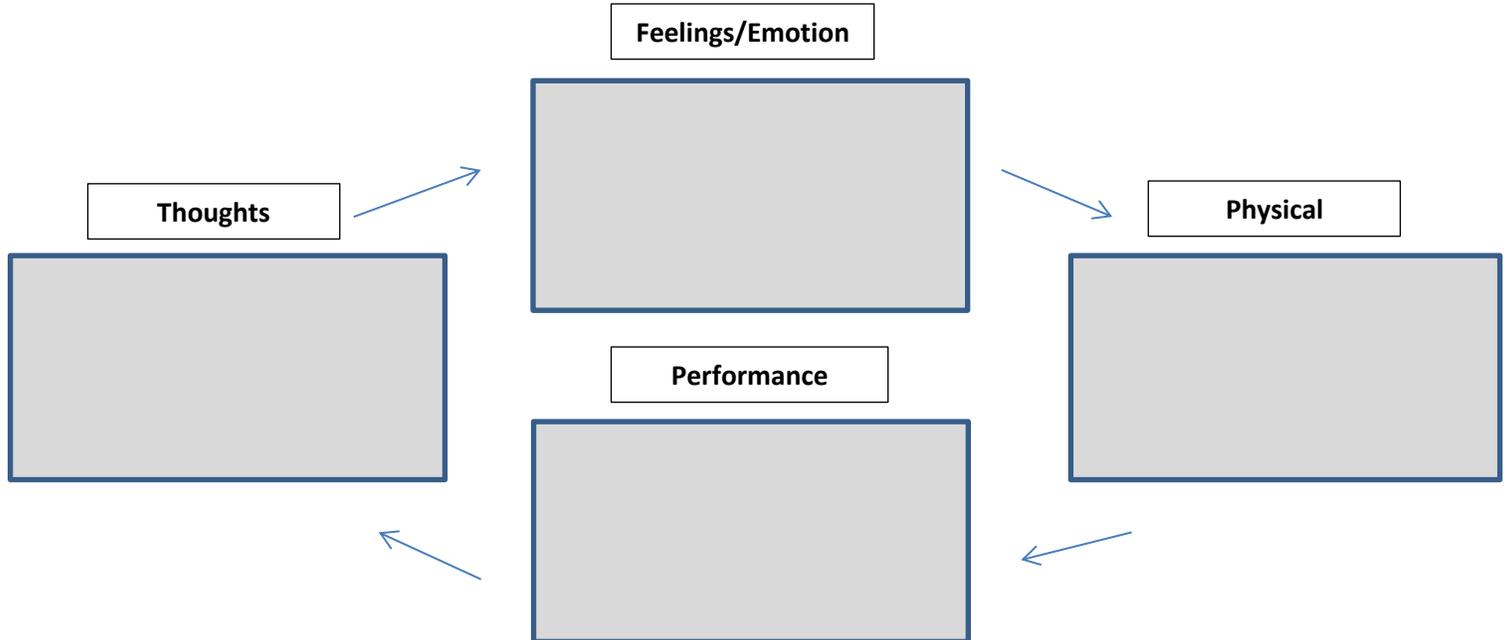
Thought Performance Interaction (TPx)

Performance _____

Ineffective TPx:



Effective TPx:



TPx Prayer:

Dear God,

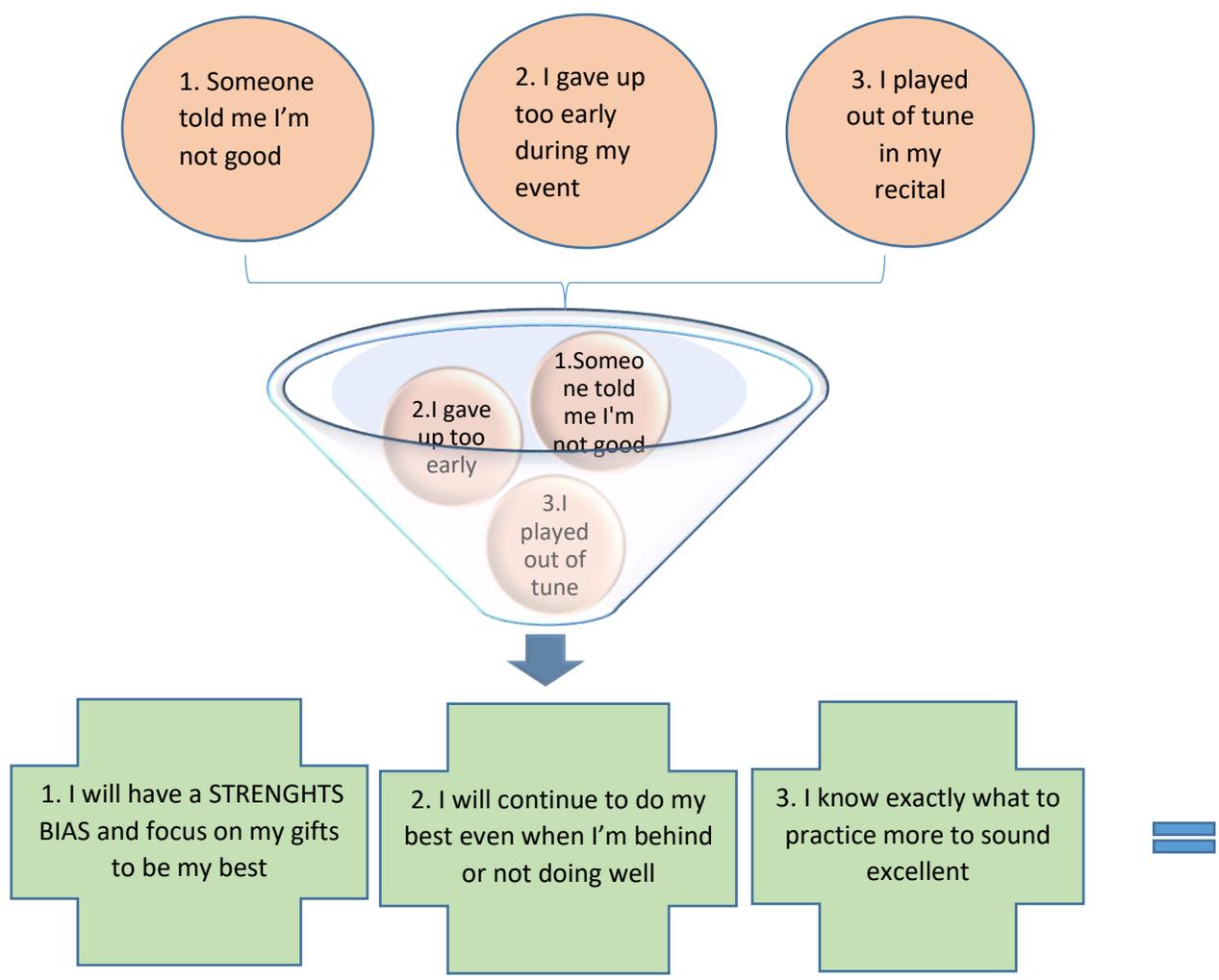
Please give me wisdom so that my thoughts are in line with Your will. I know that you give us free will over our thoughts so give me the strength to think in ways that shine Your light and strength inside and out. I also surrender my thoughts to you so that You have power over my mind so that I reflect You in my heart, in my soul, and in my mind. In the battle of the mind, may I dismiss any lies and condemnation that may enter my mind and may I always turn to Your truths, which I have the authority to do. When I perform, help me to choose effective thoughts so that I can do great things in Your name. Amen



Confidence: MENTAL FILTER

In ALL things God works for the good of those who love him – Romans 8:28
MENTAL FILTER: Put all of your experiences through your MENTAL FILTER to help protect, enhance, and develop your confidence

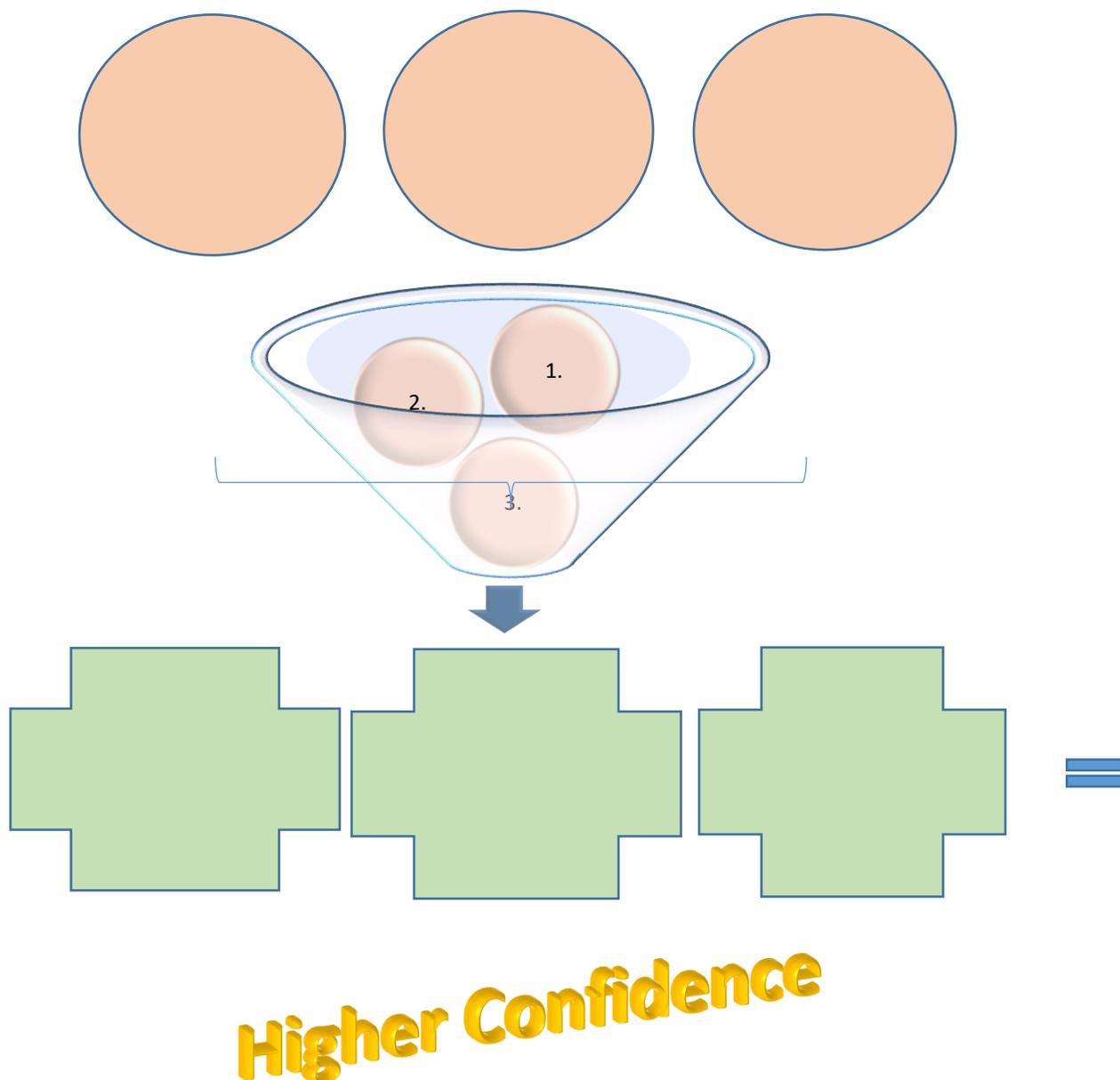
One thing is certain: we will make mistakes, have setbacks, receive criticism and even fail at times. So it makes sense that we have a *constructive way to handle these things*: which is using a MENTAL FILTER. Here are some examples of experiences that we can put through our MENTAL FILTER so that you can filter out the bad and keep the things that will protect, enhance, and develop our confidence.



Higher Confidence



Now, take a moment to think of 3 mistakes, criticism, setbacks or failures that you have recently experienced and put them through your MENTAL FILTER so that they can actually be something that is good for you; something that helps you protect, enhance, and develop your confidence.



Mental Filter Prayer:



Dear God,

Please help me to remember that You work all things for the good of those who love You, and know that I love You God. Sometimes it's hard to think that way when things are going tough and even though You do not create evil, You can always make something good out of it. When I experience criticism, setbacks, or failures help me not to believe that I am being punished. Instead, please remind me that there is nothing in all of creation that will get in the way of Your love for me. Because of this, I know that You want the best for me and that You will use all of my experiences to teach me and to give me strength to do great things in Your name. Amen.



Confidence: STRENGTHS BIAS

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do good things he planned for us long ago - Ephesians 2:10

STRENGTHS BIAS: We need to have a STRENGTHS BIAS, focusing on the gifts God gave us, in order to protect, enhance, and develop our confidence

In order to have a **STRENGTHS BIAS**, we first need to be **AWARE** of our strengths so that we can focus on them in order to protect, enhance, and develop our confidence.

Please list all of your strengths in the following areas:

<p><u>Physical Strengths</u> (Example: I am excellent at being a team player, I have incredible upper body strength, I have great fine motor skills)</p>	<p><u>Mental/Emotional Strengths</u> (I bounce back fast after mistakes, I believe in myself no matter what)</p>	<p><u>Character/Personality Strengths</u> (Example: I am kind to others, I share my Christian faith with others, I am loyal, I am funny)</p>

Why is it important to be aware of our strengths in order to protect, enhance, and develop our confidence?



STRENGTHS BIAS: GROUP EXERCISE

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do good things he planned for us long ago - Ephesians 2:10

STRENGTHS BIAS: We need to have a STRENGTHS BIAS, focusing on the gifts God gave us, in order to protect, enhance, and develop our confidence

In order to have a **STRENGTHS BIAS** we first need to be **AWARE** of our strengths so that we can focus on them in order to protect, enhance, and develop our confidence. Sometimes, it is helpful to ask others who know us to help us do that.

Name: _____

Please write your name at the top of this page and then give the list to others (encouragers) to fill out in order to make you more aware of your strengths (When you are filling out other lists, don't be too concerned whether they are in the correct category for Mental/Emotional and Character/Personality strengths, just put it where you think it best fits)

Name of Encourager: Alex Jones	Physical Strengths (Example: S/he is excellent at being a team player, S/he has incredible upper body strength, S/he has great fine motor skills)	Mental/Emotional Strengths (Example: S/he bounces back fast after mistakes, S/he believes in herself no matter what)	Character/Personality Strengths (Example: S/he is kind to others, S/he shares their Christian faith with others, S/he is loyal, S/he is funny)



Name of Encourager:	Physic	Mental/Emotional	Character/Personality
Alex Jones	(Example: S/he is excellent at being a team player, S/he has incredible upper body strength, S/he has great fine motor skills, S/he has good technique)	(Example: S/he bounces back fast after mistakes, S/he believes in herself no matter what, She is very focused)	(Example: S/he is kind to others, S/he shares her Christian faith with others, S/he is loyal, S/he is funny)

Why is it important to be aware of our strengths in order to protect, enhance, and develop our confidence?



Strengths Bias Prayer:

Dear God,

Thank You for the gifts that You have blessed me with. I know that You created me as your masterpiece and You have great things planned for my life. I just ask that You help me to clearly see the gifts that You have given me so that I can humbly reflect on them and use them to accomplish great things in Your name. God, I know that I also have weakness so please also give me the wisdom to know when to work on my weaknesses without being discouraged, but with hope in mind because I know that Your power is made perfect in my weakness. As I face the criticism and negativity that this world often gives, please help me to have a strengths bias so that I can focus on the gifts that you have given me in order to do great things in your name, especially when it is time for me to do those great things. Amen.



Performing Under Pressure: PROXIETY

As pressure and stress bear down on me, I find joy in God's commands – Psalm 119:143

PROXIETY: Have a positive view of feeling nervous so that you can unleash God's design for you to perform well under pressure

Let's get familiar with how you feel when you are nervous: (Circle all feelings that apply to you). Notice that all of these feelings are designed by God to help you perform at a higher level. Embrace them! **Have PROXIETY!**

Feelings:	⊕ Benefits:
<ul style="list-style-type: none"> • My stomach feels queasy • I get a really dry mouth • I have to go to the bathroom • I feel like throwing up 	<ul style="list-style-type: none"> ⊕ Your body is shutting down digestion so that ALL of your energy goes toward your performance
<ul style="list-style-type: none"> • My heart is beating faster 	<ul style="list-style-type: none"> ⊕ Your heart is pumping more blood/oxygen to your muscles so that you are stronger
<ul style="list-style-type: none"> • I feel jittery 	<ul style="list-style-type: none"> ⊕ Your body is releasing hormones like adrenaline so that you have more strength and energy to perform your best
<ul style="list-style-type: none"> • I'm really sweating and my hands feel damp 	<ul style="list-style-type: none"> ⊕ Your body is regulating your body temperature so that your efforts do not overheat you and you can sustain higher levels of performance
<ul style="list-style-type: none"> • I am breathing faster 	<ul style="list-style-type: none"> ⊕ Your lungs are taking in more oxygen which is sent to the brain to make you more alert.



When these feelings start to make you nervous and uncomfortable what will you say to yourself that will remind you to embrace them? Remember, God is commanding our body to make these changes so that we can perform well under pressure.

Example: Thank you God for these powerful changes in my body....now let's do it!

Your thoughts: _____

When we think negatively about these feelings because they make us nervous and uncomfortable then we begin to feel anxious, fearful, and doubtful. BUT, when we think positively about these feelings (PROXIETY) we begin to unleash the benefits that God designed for us to perform well under pressure.



Proxiety Prayer:

Dear God,

Thank you for the amazing human body and for designing an amp up system that helps us perform better under pressure. Please help me to embrace the gift of my amp up system and all the powerful changes it is creating in my body in order for me to perform better under pressure. I know that even if activating my amp up system makes me feel nervous or uncomfortable, I embrace it because it comes from you and I trust in all that you do. God, give me the mental strength to have Proxiety in the way that you want me too. Amen.



Performing Under Pressure: BREATHING SQUARES

The Spirit of God has made us and the breath of the Almighty gives us life – Job 33:4

BREATHING SQUARES: God gave us breath as a gift; so breathe in squares to manage your nerves so that you can perform well under pressure.



The more amped we get, the better we perform, but only to a certain point. If you become "Too amped" **BREATHE IN SQUARES** to gain control and perform well under pressure

Remember, we don't want to stop being amped up, we just need to **manage it**. When are times that BREATHING IN SQUARES will help you manage your nerves or your emotions? Write those down so that it will be easier to remember to BREATHE IN SQUARES.

- _____
- _____
- _____
- _____

How amped we feel when we perform our best is different for everyone....you need to know what that means for you. Remember, your body can be appropriately amped up while still having a quiet and strong mind.



Breathing Squares Prayer:

Dear God,

Thank you for the gift of breath that we can purposefully use anywhere and at any time. I realize that getting amped up can be a good thing but sometimes I can get too amped up so please help me to remember to breathe in squares when I need to amp down and put myself in the position to perform at my best. Remind me to breathe in squares to remain calm and defeat any doubts, worries, or fears in order to boldly perform under pressure. Please let every breath remind me of your power in my life and in that moment. Amen.



Performing Under Pressure: CAN CONTROL

God gave us a spirit not of fear but of power and love and self-control – 2 Timothy 1:7

CAN CONTROL: Use your energy for the things that you CAN control, mainly yourself, in order to perform better under pressure

In order to set yourself up for performing well under pressure, you need to identify the things that you CAN and CAN'T control and then put your energy on the things you **CAN CONTROL**.

Here are some examples:

CAN'T Control	CAN CONTROL
<ul style="list-style-type: none"> • Other's judging me for mistakes I make • How well other's perform • Other's that are unsportsmanlike • Other people making mistakes and errors • The outcome of the performace • Weather 	<ul style="list-style-type: none"> • How I handle my mistakes and pressing on • How much effort I put out • My Godly reaction to them • My reactions: lifting them up and encouraging them • The task at hand, my technique • Preparing for a variety of weather conditions

Now, take the time to identify your own pressures and list what you CAN CONTROL about them so that you will focus on the CAN list in order to perform your best under pressure.

CAN'T Control	CAN Control
	<ul style="list-style-type: none"> • How I handle my mistakes and pressing on • How much effort I put out • My Godly reaction to them • My reactions: lifting them up and encouraging them • The task at hand, my technique • Preparing for a variety of weather conditions



Can Control Prayer:

Dear God,

Thank you for the power of self-control. I know that you are in control of everything, but please help me to do my part to work in line with your will for me. Amen.

“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference” – Reinhold Neibuhr



Attention Control: wiN

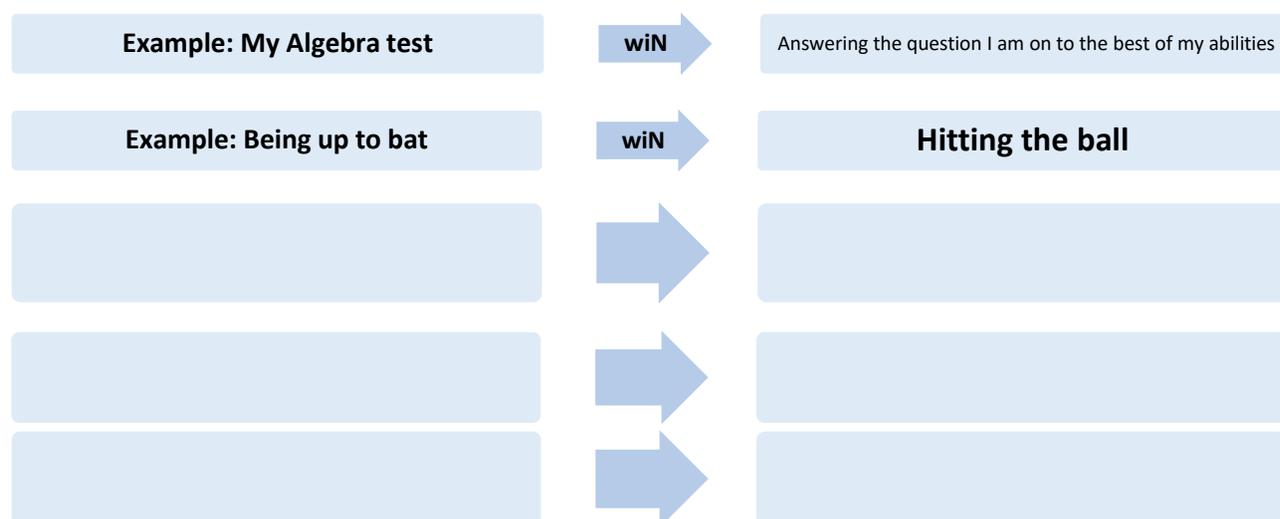
Look straight ahead, and fix your eyes on what lies before you – Proverbs 4:25

wiN: (What's Important NOW): Answer the question, "What's my wiN?" in order to pay attention to the right thing at the right time.

Let's first start by identifying the biggest thieves of attention control for all performances. These thieves can quickly and thoroughly *destroy your performance*. The good news is, you have the power to immediately choose to turn away from them and focus on your wiN.

TOP Attention Control THIEVES:	Attention Control Solutions
<ul style="list-style-type: none"> ▪ Worrying about making a mistake/thinking about a mistake you made 	Your wiN (Ex: Getting pass the goalie)
<ul style="list-style-type: none"> ▪ Focusing on what other people will think about how you perform 	Your wiN (Ex: Playing the notes in tune)
<ul style="list-style-type: none"> ▪ Focusing on how you are going to do before you even finish 	Your wiN (Ex: Work this math problem)
<ul style="list-style-type: none"> ▪ Intimidation of other people's performance 	Your wiN (Ex: Keep my eyes on the ball)
<ul style="list-style-type: none"> ▪ Confusion 	Your wiN (Ex: Just focus on this test question)

As you can see, it is critical that you know your wiN at any given moment to combat distraction. So, think about your next performances that you will be doing and write down your clear wiN. Any time you lose focus for ANY reason, stop yourself and **answer the question, "What's my wiN"** so that you can pay attention to the right thing at the right time....nothing else.



wiN Prayer:

Dear God,

Thank you for your ability to focus my mind amidst distractions. I know that there are so many things going on around me but YOU know exactly what I need to be paying attention to at every given moment. With that mind, please give me a clear answer to the question “What’s My wiN” whenever that is not clear or if I have forgotten the answer. Please help me to be present in the moment and use my wiN to keep my eyes on what lies before me. Amen.

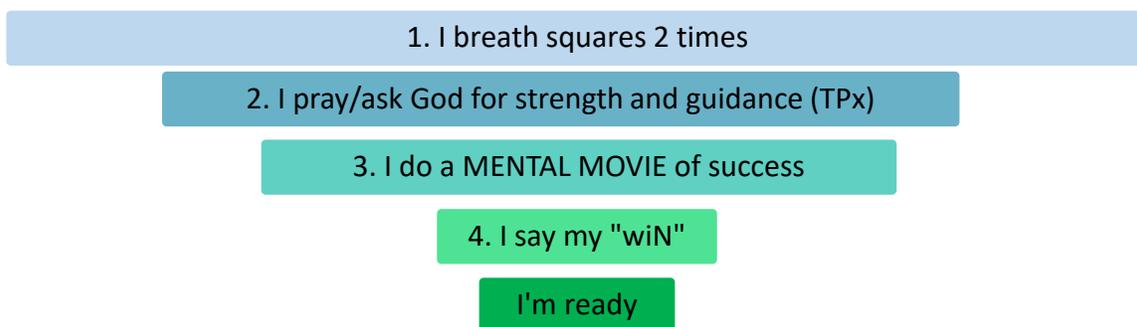


Attention Control: ROUTINES

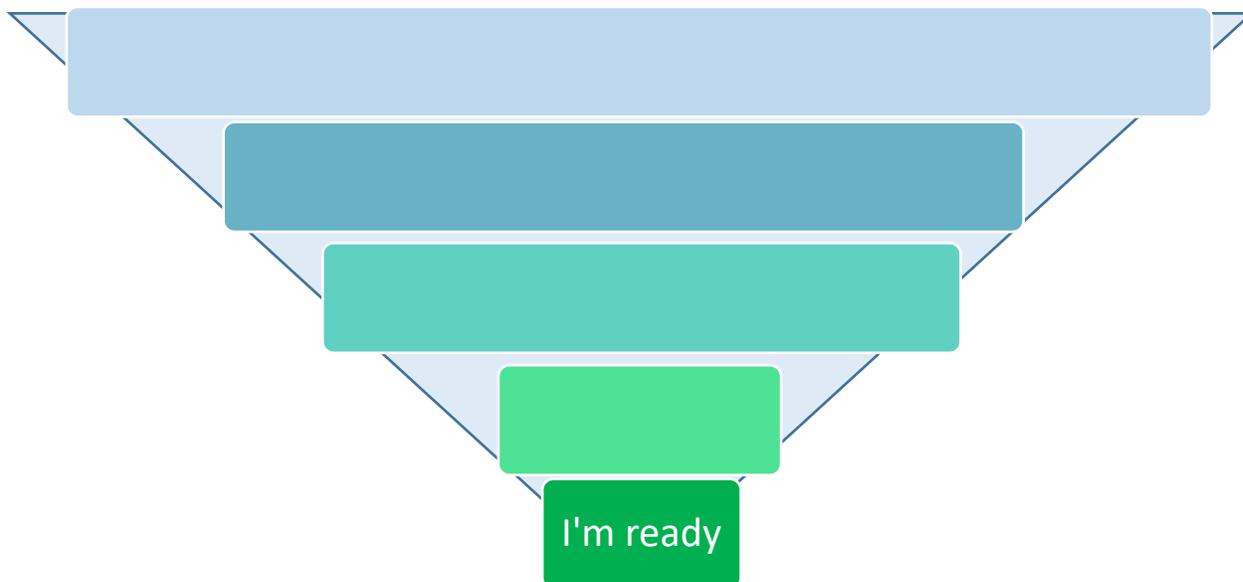
Therefore, prepare your minds for action and keep a clear head-1 Peter 1:13

ROUTINES: Create a pre performance routine so that you are focused and ready to perform at your best.

ROUTINES are designed to systematically, *step by step*, get you **FROM:** a distracted mind **TO:** a focused mindset in which you are ready to perform at your best. This is an example of a pre performance ROUTINE



Use the space below to develop your own pre performance ROUTINE. This can take time to customize....be patient and try different things out....you will figure out exactly what you need to get focused and ready to perform at your best.



Routines Prayer:

Dear God,

Thank you for the ability to use my mind wisely in order to focus on the task at hand before it even starts and set myself up for success. God, help me to use routines to prepare and to sustain a clear mind so that I can pay attention to the right thing at the right time. Please give me the wisdom on the best routine for me and the discipline to do it before I perform. Amen.



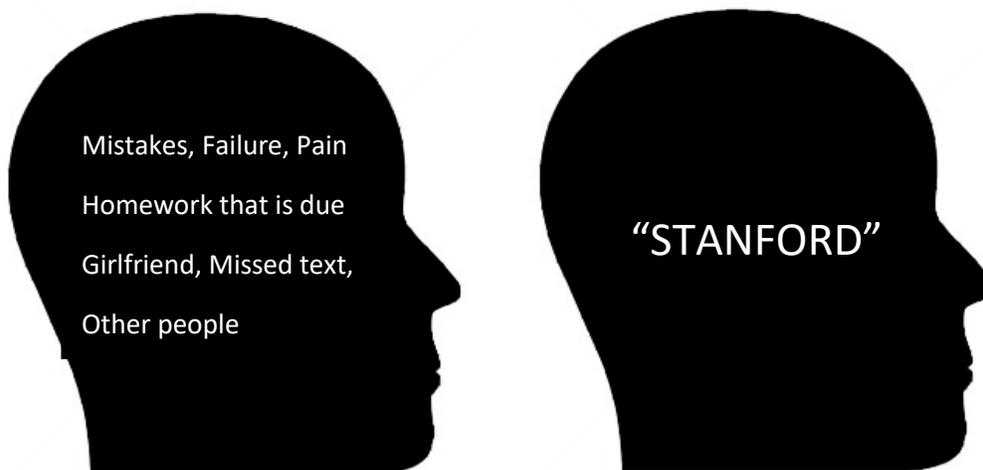
Attention Control: TRIGGER WORDS

“God ...gave Jesus the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father – Philippians 2:9-11

TRIGGER WORDS: Remember the power of the name of Jesus and use meaningful TRIGGER WORDS to help you pay attention to the right thing at the right time.

TRIGGER WORDS can be used to help you pay attention to the right thing at the right time, which can mean a lot of different things when we perform. For example:

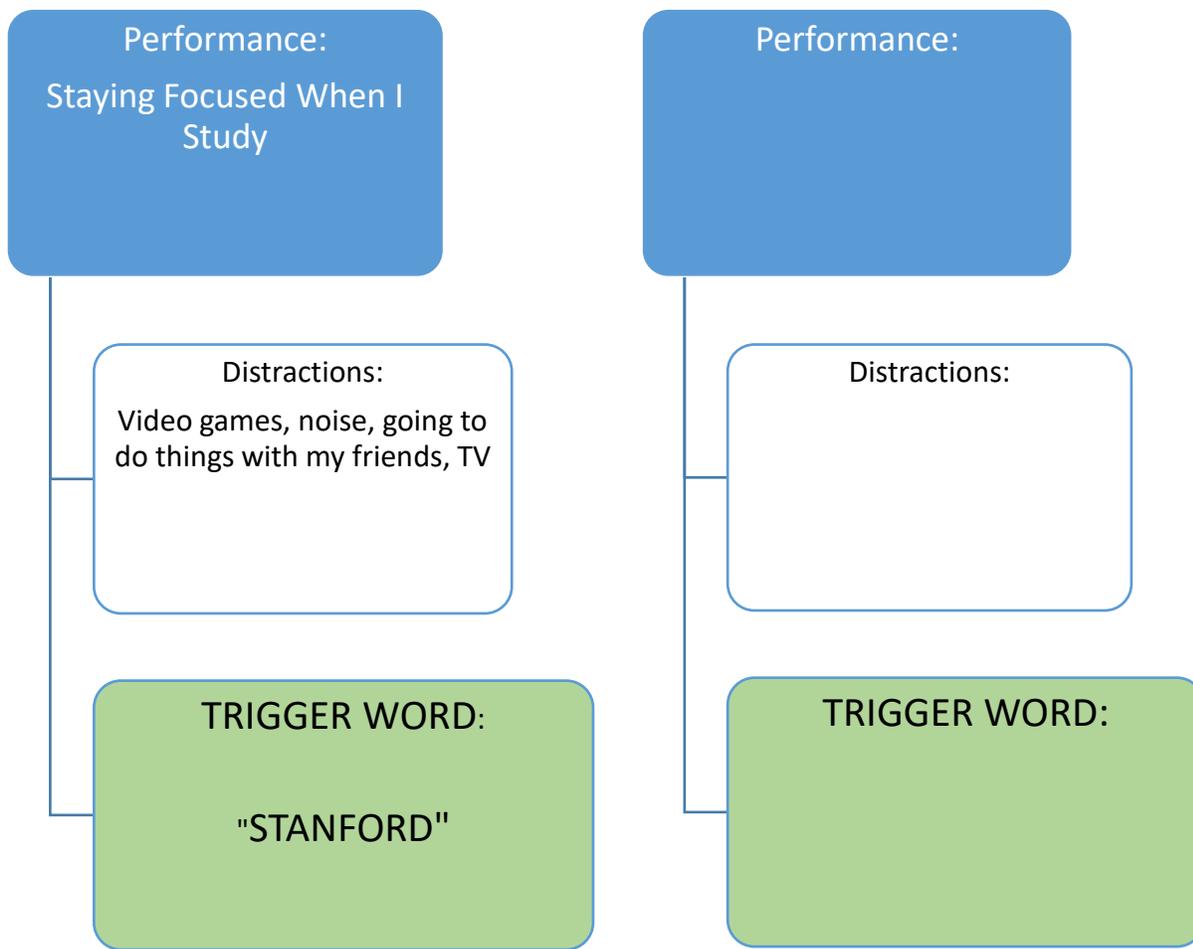
- Technique: “High elbows”
- Emotions: “Supernatural peace”
- Task at hand: “Clear the mechanism”
- Physical strength: “Fire Up”
- Mental Strength: “Higher Power”
- Overall strength: “Philippians 4:13”
- Motivation: “Stanford’



This person has a lifelong dream to go to STANFORD UNIVERSTIY, which requires being a top performer. If s/he gets a distracted mind while studying, then the word “STANFORD” will get them refocused to pay attention to the right thing at the right time because it means so much to him/her.



What are some things that often are challenging for you to pay attention to during important performances? Create a **trigger word** to get you *paying attention to the right thing at the right time*. Remember...it needs to be powerful and full of meaning!



Trigger Words Prayer:

Dear God,

Thank you for the ever present power of Jesus Christ and the power of His name. I know that words are powerful and they can bring life to any situation. Please help me put the power of words to good use; help me chose powerful trigger words to pay attention to the right thing at the right time so that I may do great things in your name. Amen.



Motivation: MENTAL NODS

Whatever you do, work at it with all your heart as though you were working for God and not for people-Colossians 3:23

MENTAL NODS summary: In order to start and maintain your motivation, put on your MENTAL NODS to focus on the reasons you CAN perform at your best

This is an *example* of what could go through your mind before/during performance:

Reasons you CAN perform your best	Reasons you CAN'T Perform your best
I have a 95% attendance for practice	This is not my best event
I have listened to everything my coach/teacher has told me to do	That other person is better than me
I have a strong upper body	I messed up on this before
I have done mental strength and conditioning that will help me get through anything in order to perform at my best	I'm a tired

Trigger Word: **MENTAL NODS**

Now, put on your MENTAL NODS, which highlights a focus on your **CAN list**, in order to start and maintain motivation.



Reasons you CAN perform your best
I have a 95% attendance for practice
I have listened to everything my coach/teacher has told me to do
I have a strong upper body
I have done mental strength and conditioning that will help me get through anything in order to perform at my best



What are reasons that you CAN or CAN'T perform your best that go through your mind before/during performance?

Reasons you CAN perform your best	Reasons you CAN'T Perform your best

Trigger Word: _____

Now, let's put on your MENTAL NODS.



- 1) Take a pen and mark a big "X" through the CAN'T list to darken it out
- 2) Circle the CAN list, then under the CAN list write one **Trigger word** that reminds you of your CAN list (use "MENTAL NODS" if that is easiest)
- 3) When you are about to perform (or during), just say that one word to put on your MENTAL NODS to highlight your CAN list and start/maintain motivation

THERE IS A TIME AND PLACE TO WORK ON THINGS
THAT NEED IMPROVING BUT IT IS NOT RIGHT
BEFORE WE PERFORM; INSTEAD, WE WEAR
MENTAL NODS BEFORE WE PERFORM TO
HIGHLIGHT AND FOCUS ONLY ON WHY WE CAN BE
SUCCESSFUL IN THAT MOMENT IN TIME.



Mental Nods Prayer:

Dear God,

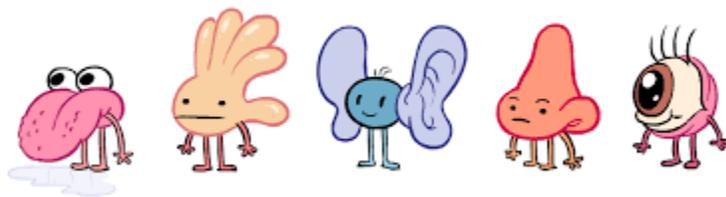
Thank you for the many blessings in my life. Please help me to focus on all the reasons why I can perform my best when I need to start and continue my motivation. I know that you put so many blessings in my life that I can put in my mental nods at any given moment in time. Focusing on the reasons that I can be successful is a way to honor those blessings so that whatever I do, I work at it with all my heart as though I am working for you. Dear God, please help me to focus on these motivating truths that help me perform at my best whatever the situation or circumstances may be so that I may unleash my full potential that you designed for me. Amen.



Motivation: MENTAL MOVIE

...I am about to do something new...Can you see it? –Isaiah 43:18-19
Mental Movies Summary: Motivate yourself by using mental movies to see yourself performing at your best

Please take some time and think about how you would like to perform at your next event and/or think of a past success that will help motivate you when you need it. Here are some things to help you create a vivid MENTAL MOVIE



:

What do you see? _____

What do you feel? _____

What do you hear? _____

What do you smell? _____

What do you taste? _____

Now create a script for your MENTAL MOVIE:

(Short example): I enter into the large venue and I look up to see the high ceilings with the light shining through the windows. I begin to feel my nerves simply by entering the place that the performance will be held. I remind myself that this is anxiety and I get excited about what is to come. As I walk in I hear our leader’s instructions and I put my things down on the floor...



Mental Movie Prayer:

Dear God,

I am so grateful for the incredible intricacies that you created in the human body. Thank you for the power of the mind and how it effects even my physical body. Please help me use mental movies to leverage this unique gift in order to start and continue motivation in all that I do. By going through my performances in my mind, I am practicing faith in you and declaring great things to come. Amen.



Motivation: GPS

Don't lose sight of good planning and insight. Hang on to them, for they fill you with life and bring you honor and respect- Proverbs 3:21-22

GPS Summary: Use your GPS to provide directions so that you start and continue to stay motivated toward your goals.

Below is an example of a GOAL POSITIONING SYSTEM (GPS), which includes **1) Where do you want to go (Goal/Address)** **2) Where are you now,** and **3) Directions to get there.** ↩



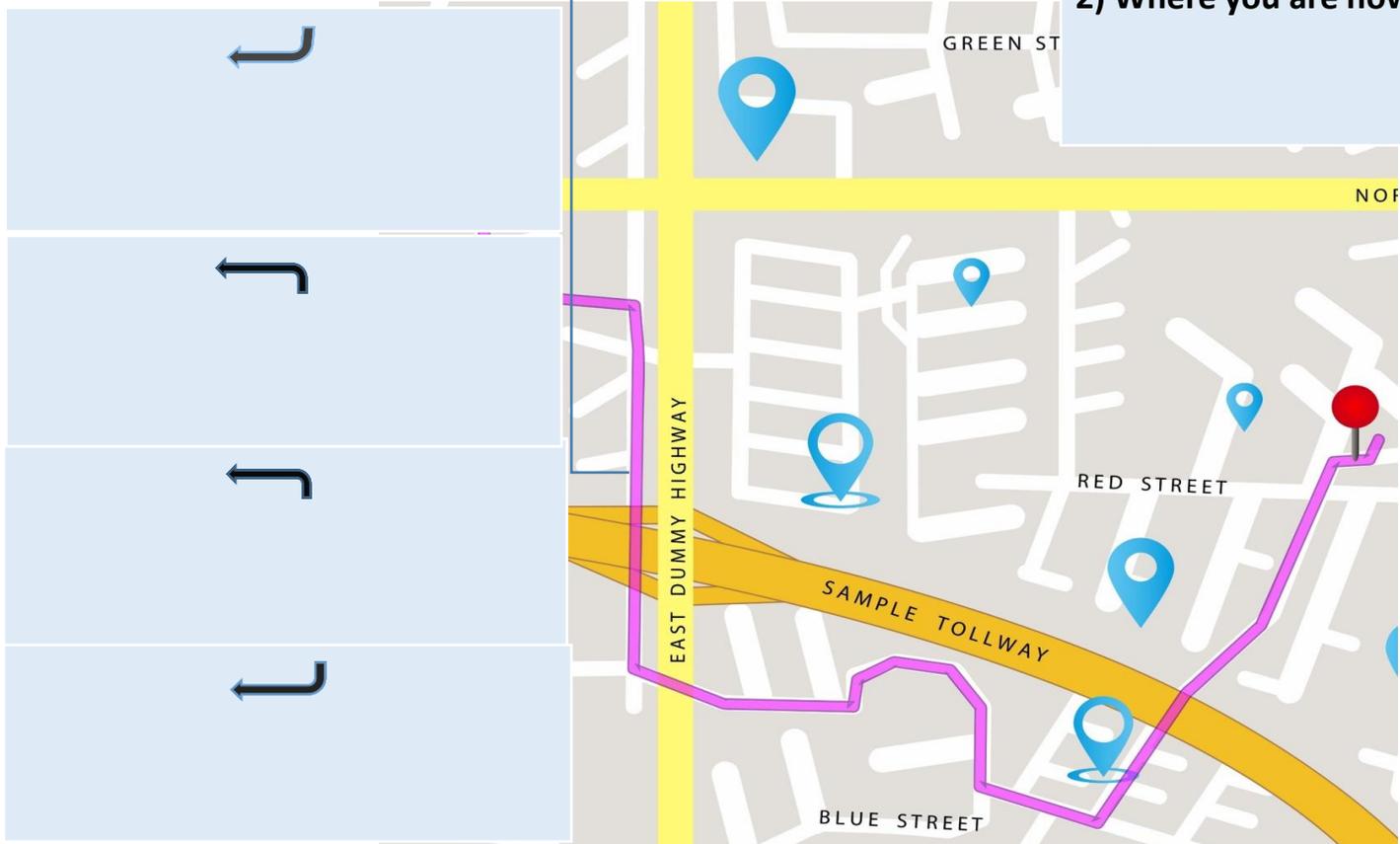
Now you can create your own GOAL POSITIONING SYSTEM in order to start and continue to stay motivated. Here are a few tips that will help you SOAR.

- 1) S-Create Sub goals
- 2) O-Own your goal; this is something YOU want
- 3) A-Adapt if you fall of course; recalculate but don't quit
- 4) R-Reward success-praise God!

1) Address (Goal):

3) How to get there

2) Where you are now



THREE Character traits I would like to develop and display during this goal achievement process: *Ex: Humility*

1. _____ 2. _____ 3. _____



GPS Prayer:

Dear God,

Thank you for your wisdom; may it be a lamp light to my path. I ask that my goals be according to your will and that you help me plan and prepare to achieve those goals.

Dear God, help me to use my GPS to plan in the way that you want me to. I know that all things are possible through you so give me the courage to be bold and dream big.

Help me to get closer to you on my pursuit and to glorify you when I accomplish great things in your name. Amen.



